



National Mental Health Programme, Mizoram

Weekly Bulletin



NMHP-Mz/2026/116

Aizawl, the 16th January, 2026

9th – 15th Jan, 2026

No. of OPD : 338
Cumulative for 2025-26: 11118

No. of IPD : 74
Cumulative for 2025-26: 2141

Outreach

Free Clinic cum Awareness : 2
Cumulative for 2025-26: 687

No. of Beneficiaries : 76
Cumulative for 2025-26: 20631

No. of OPD/IPD
(Including Psychiatry Dept.)

District	No. of Patients	Cum FY 2025-26
Aizawl	177	5496
Lunglei	35	1404
Siaha	59	980
Champhai	88	1578
Kolasib	6	562
Serchhip	8	1299
Lawngtlai	23	1163
Mamit	16	749

No. of Phone Call Attended

1. TeleMANAS : 98
Cumulative for 2025-26: 5657

2. Targetted Intervention
under NMHP, Mizoram: 6
Cumulative for 2025-26: 344

ARDSI Mizoram Chapter
7005983633 /9366191341

Rilruhriselna hi taksahriselna ang bawkin a pawimawh a ni

NON-ORGANIC STRESS DISORDER

DMHP Champhai

Non organic sleep disorder chu taksa lam chak loh vang emaw natna vang ni lova kan rilru hah vang emaw rilru sukhlek dik tawh loh avanga mut lama harsatna hi a ni. Non organic Sleep Disorder hi chi 2 in a in then hrang a.

1. Non-organic Dyssomnias: Non-organic Dyssomnias chu kan rilru sukhlek dik tawh loh avanga kan mut tam lam, mut that leh mut hunbi a danglamna thlang thin hi ani.

a) Non-organic Insomnia - mutthilh an harsat a, muttui lai takin chiang takin an harh a, mutthilh leh mai an harsat thin. Mut an harsatna hian an nitin nunphung a tibuai a, hreawmna a thlen thin. Rilru lam fel tawh lohna/Psychological issues (stress nasa, anxiety, depression etc) vang te, mut hunbi neih loh lutuk vang te leh chhan hrang hrang vangin a awm thei.

b) Non-organic Hypersomnia - Mutchhuak ngawih ngawih reng, harh vang lo, engang pawhin mu tam mahse mut kham lo ang takin an awm thin. Ruihtheihthil vang te, ngaihtuahna hmang rim lutuk (stress), Nguina/thaw-i-pikna (depression), mood fuh lo reng (disorder) leh chhan hrang hrang vang te in a awm thin.

c) Non-organic Sleep disorder of the Sleep-wake Schedule - Rilru hah vang emaw, rilru sukhlek dik tawh lo vang a taksa hunbi pangngai ang zawm thei lo, mut hunbi, thawh hunbi nei mumual thei lo hi ani.

2. Non-organic Parasomnias: Hetah hi chuan mutthilh laiin nunphung ah thil danglam a thlang thin.

a) Sleep walking(sonambulism) - Mizo te chuan tho â kan ti mai a, mahse tho â satliah ni lovin harh miah chuang lo in khum atanga tho chhuakin thil engemaw an ti ve vek a, an kal a, an tawng bawh a, mahse an harh hnuah thil thlang engmah an hre ngai lo. An in tihnat palh a hlauhawm hle.

- b) Sleep terror - Mutthilh laia hlah nei ang taka au te, tah te, rum deuh thawt thawt te an ching a. Hetianga an awm lai hian an harh hnuah sawi tur an hre lem lo. Naupangah a bikin a tam hle. Mut tlem vang te, stress, anxiety vang te, damloh vangte in a awm tlangpui.
- c) Nightmares - Mangchhia kan tih ang kha niin mutthilh laia mumang tha lo leh hlahhawm neih vangin mutthilh leh mai an harsat. Nuna thil duhawmlo (trauma) tawn vang te, stress, anxiety vang te, mut that tawh loh vang te, thil hlahhawm en a ngaihthlak nasat vangte in a awm thei bawh

Non-organic Sleep disorder thlentlu langsar tak tak te chu Stressful event (inkungkaihna tha tawh loh, hna, accident adt), rilru lam harsatna vang te (anxiety, depression etc), mut hunbi leh hrisel neih tawh loh vangte a ni tlangpui.

A enkawl dan tlangpui ah chuan therapy (CBT, Sleep Restriction therapy), nunphung thlak danglam, mut hunbi leh thawh hunbi fel tak siam te, taksa sawizawi that te, caffeine tamna thingpui/coffee/energy drink in tlem te, zu in tlem, stress mangement, a tul dan a zirin supplement emaw damdawi ei te a ngai thin.

AWARENESS LEH FREE CLINIC

National Mental Health Programme hnuia District hrang hrangte chuan NGO pawl hrang hrang, Kohhran, School leh sawrkar department hrang hrangah Awareness leh Free Clinic an nei thin a. Tunkar chhungin Siaha leh Kolasib District ten Awareness leh Free Clinic an nei a, TeleMANAS chungchang inhrilhhriatna hun neiin Mental Health chungchang zirtirna hun an hmang thin a ni. Rilru hriselna hian kan rilru leh khawtlang nun a huam a, kan ngaihtuahna, kan rilru put hmang leh kan thiltih dana nghawng a neih dan te, mi dangte nena kan inzawmnate leh duhthlanna hrisel kan neih theih nan heng hun hi hlawk taka hman thin a ni.



DMHP SIAHA



DMHP KOLASIB

NPPCD chungchangleh beng lama
harsatnaneia, hrechiang duh tan District
Hospital, ENT Dept OPD ah
zawhfiahtheih reng a ni

Thurawnpekemawhriatbelh duh neichuan
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Rilru lama harsatnaneileh hriatbelh duh
neikanawmchuan
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